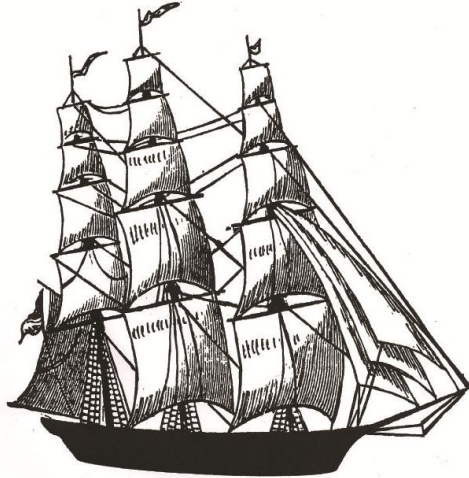


# CLIPPER



# SWIM TEAM

## *Dedham Parks & Recreation Department*

Isabel Dolan Center  
269 Common Street  
Dedham, MA 02026  
(781) 751-9250

JuJu's Place  
1 Recreation Road  
Dedham, MA 02026  
(781) 451-5991

[www.dedham-ma.gov/recreation](http://www.dedham-ma.gov/recreation)  
facebook page: Dedham Clippers Swim Team

## WINTER 2015-2016



## CLIPPERS 2015-2016 WINTER SEASON

### **WELCOME BACK!**

The Clippers **38th** winter season will start on Monday, November 2nd with try-outs and practice for all 10 & under swimmers from 6:00 to 7:30pm and Tuesday, November 3rd for all 11 & over swimmers from 6:00 to 7:30pm.

All new 8 & under swimmers **must be** able to swim two different strokes one length of the pool within 35 seconds each stroke. All new 9 & 10 swimmers must be able to swim two different strokes one length of the pool within 25 seconds each stroke.

### **Practice times are the following:**

8 & under swimmers are Monday and Wednesdays from 5:45 – 6:45pm and Sundays from 4:00 to 5:00pm

9 & 10 swimmers are Monday and Wednesdays from 6:45 – 7:45pm and Sundays from 4:00 to 5:00pm

11 & 12 swimmers are Tuesday and Thursdays from 6:45pm to 7:45 pm and Sundays 5:00 to 6:00pm.

13 & up swimmers are Tuesday and Thursdays from 5:45pm to 6:45 pm and Sundays 5:00 to 6:00pm

It is not mandatory that you make all three practices each week, but the only way you can improved is to attend as many practices as possible. At home meets, we can swim as many heats as we want and all of our swimmers will swim in at least two events. At the away meets, it depends on the home team and many teams have limited pool time and heats may have to be cut.

The age of each swimmer is based on their age as of November 1, 2015. If a swimmer has a birthday after November 1<sup>st</sup>, they remain in the same age group for the entire season.

Registration fee for the 2015-2016 winter season is as follows:

\$200.00 per swimmer with a pool membership

\$220.00 per resident swimmer without a membership

\$240.00 per non-resident swimmer without a membership

\$270.00 family limit with a membership

### **Bathing Suits and Apparel**

Varsity swim shop will be at practice on Monday, **November 16<sup>th</sup> 5:00pm – 7:00 pm** to size for team bathing suits. They will also be available online for one week after the 16<sup>th</sup>. Team suits are not mandatory but it presents each swimmer with a team appearance and unity. Girl's suits run between \$50.00 and \$55.00 dollars and jammers run between \$36.00 and \$38.00. You will be purchasing the suits through Varsity Swim (not Recreation). The Recreation Department will distribute the suits when the orders have been filled.

Each swimmer will be given a complimentary Clipper swim Cap and a Clipper T-Shirt.

### **Meet Attendance**

With the new computer scoring system, lineups for the meet **must be** sent to the home team three days in advance of the meet. If you are not going to the meet, please go to the Clipper Web Site ([www.dedham-ma.gov/clippers](http://www.dedham-ma.gov/clippers)) and under meet attendance you can submit the name of the swimmer who will not be at meet. You can do this at any time of the year for all meets. Notifying the coach of the age group is also encouraged. We have 11 league meets scheduled – 9 of which count in the standings along with A & B Regional's. Swimmers must swim in at least five (5) meets to go to A or B Regional's.

### **Traveling to away meets**

Clippers travel to all away meets by team bus. Due to the dramatic increases in bus fees, we will be only taking one bus per meet. If you are able to drive your swimmers to the meet, it is greatly appreciated. You are welcome to follow the bus at any time. If you plan on going to the meet but are not taking the bus, you should also go to the Meet Attendance page on the Clipper web site to let us know that.

### **A and B Regionals**

Regionals (swim championship meets) take place at the end of the season. Swimmers who make at least one qualifying time for A Regionals will attend that meet. Swimmers who do not make the A time for any event will go to B Regionals. Cut off times are attached.

### **Clipper Web Site**

The Clipper web site is an invaluable tool to use to receive and send information to and from the team. Web site includes:

- 1.) Practice and Meet Schedules
- 2.) Important announcements
- 3.) Sign up for email notifications. This is the best way to hear about last minute practice or meet cancelations.
- 4.) Meet Attendance – an easy to fill out form to let us know a swimmer is not coming to meet or not taking bus.
- 5.) Online Stats – Updated stats/times/results on every swimmers race's going back almost five years.
- 6.) Regional Cut off times.
- 7.) Pictures
- 8.) Contact info for Coaches

**\*\*\*\*\* Most team announcements will be made by email. Sign up for email list at [www.dedham-ma.gov/clippers](http://www.dedham-ma.gov/clippers) \*\*\*\*\***

### **“Meet Mobile”**

You are now able to get “Live” scores / placements during the home meets on your iPhone and Android phones. Download the “Meet Mobile” app.

# Parent / Guardian Volunteers

As a parent/ guardian with the Clippers Winter Swim Team, **YOU ARE REQUIRED** to volunteer at one meet during the season. Jobs include: Timers, Writers, Back up Timers, Runners, Bullpen, Lane Placers, Snack Bar, or Locker Room Monitors. You can also donate food items to the snack bar.

**\*\*\*If you volunteer at 3 or more meets, you will receive \$50 off of your registration for the following year\*\*\***

## Ways to sign up:

- 1) [www.signupgenius.com](http://www.signupgenius.com) – You will need the creator's email – [bljmoran@aol.com](mailto:bljmoran@aol.com). This will go LIVE starting Monday, November 9<sup>th</sup>. This is in place of the signup sheets at the pool.
- 2) Contact our Volunteer Coordinator / Team Manager Lisa Moran by email or phone at: [bljmoran@aol.com](mailto:bljmoran@aol.com) or (781) 710-1396.

You will see below that there are plenty of opportunities to help – at a minimum, there are **30** jobs listed here per home meet – and that does not include stroke & turn judge, or scoring. There are plenty of spots to fill & we appreciate all of our volunteers!!

## Home Meets

**Timers:** 6 people needed

*Report on pool deck ½ hour before meet starts to be issued a stop watch. You will be assigned lanes at this time. Responsibility is to time swimmers in each event. Tell your time to Writer. Timers need to be present until finish of the meet.*

**Writers:** 6 people needed

*Report on pool deck ½ hour before meet starts to be issued a pencil and clipboard. You will be assigned lanes at this time. Responsibility is to write the scores given to you from the two timers in that lane. Once sheets are complete, you hand sheets to runner.*

**Back up Timers:** 1-2 people needed

*Additional timers needed to time all events in case a lane timer misses a start or stop.*

**Runner:** 1 person needed

*Runner will pick up time cards from timers in each lane and hand them to the scoring table after each event.*

**Bull Pen:** 3-4 people needed

*Responsible for placing swimmers in correct order, based on heat and lane number.*

**Lane Placers:** 3 people needed

*Responsible for making sure the swimmers are in the correct heat and lane number. These are the people who stand at the diving board end of the pool that help the younger swimmers make sure they are diving / jumping in at the correct time.*

**Snack Bar:** 3-4 people needed

*Sell food in snack area.*

**Locker Room Monitors:** 2 people needed (One Female & One Male)

*Periodically monitor the locker rooms to ensure that children are not running around.*

## Away Meets (See above for description of duties)

**Timers:** 6 people needed    **Back up Timers:** 1-2 people needed    **Bull Pen:** 1-2 people needed

### **Code of Conduct and Bullying Policy**

The Dedham Recreation Department has a zero tolerance Bullying policy that it strictly enforced. Each parent and swimmer must sign the enclosed code of conduct form. The forms will be sent to the league.

### **Swim-a-thon**

This year's swim-a-thon will be on Sunday Jan 24th. The money that we receive from the swim-a-thon and the refreshment stand is the only income that pays for the team banquet at the end of the year. Last year's banquet cost more than \$8,000.00. You will receive information separately about the swim-a-thon regarding prizes and sponsor sheets.

### **Clipper "X-mas" Party**

This is always a highlight for the swimmers. It's party fun time in the pool. There is a gift exchange within age groups. This is **NOT** mandatory and we limit the gifts to \$10. The Party will take place on Sunday, Dec. 13th. You will receive more information separately on this as well.

### **FACEBOOK - Stay Up to Date**

We encourage & recommend that if you are on Facebook, please go "Like" our page to stay as up to date as you can. Our page name is: **Dedham Clippers Swim Team**.

\*\*\*\*\*

Although we will be swimming with some of the best swimmers in eastern Massachusetts, remember this is a recreation swim league and we swim to have fun!!

If you have any questions, please call the Recreation Department at (781) 751-9250.

***We are looking forward to another great season!!!!!!***

***GO CLIPPERS!!***



### CLIPPERS WINTER SCHEDULE 2015-16

<b>DATE</b>	<b>OPPONENT</b>	<b>WARMUPS</b>	<b>MEET</b>
<b>SAT DEC 5<sup>TH</sup></b>	<b>WESTWOOD</b>	<b>3:30PM</b>	<b>4:00PM</b>
<b>SAT DEC 12<sup>TH</sup></b>	<b>NORWOOD</b>	<b>3:30PM</b>	<b>4:00PM</b>
<b>SUN DEC 13<sup>TH</sup></b>	<b>CLIPPERS XMAS PARTY 10 &amp; UNDER 4 PM 11 &amp; OVER 5PM</b>		
<b>SUN DEC 20<sup>TH</sup></b>	<b>AT SUDBURY</b> <b>BUS LEAVES POOL AT 1:30PM</b>	<b>2:30PM</b>	<b>3:00PM</b>
<b>SAT JAN 9<sup>TH</sup></b>	<b>WESTBORO</b>	<b>3:30PM</b>	<b>4:00PM</b>
<b>SUN JAN 10<sup>TH</sup></b>	<b>BROOKLINE</b>	<b>3:30PM</b>	<b>4:00PM</b>
<b>SAT JAN 16<sup>TH</sup></b>	<b>AT WELLESLEY</b> <b>BUS LEAVES POOL AT 3:15PM</b>	<b>4:00PM</b>	<b>4:30PM</b>
<b>SAT JAN 23<sup>RD</sup></b>	<b>AT FRAMINGHAM TRI MEET</b> <b>FRAMINGHAM &amp; NATICK BUS</b> <b>LEAVES PARKING LOT AT 8:45AM</b>	<b>9:30AM</b>	<b>10:00AM</b>
<b>SUN JAN 24<sup>TH</sup></b>	<b>TEAM SWIM-A-THON 10 &amp; UNDER 4PM~~11 &amp; OVER 5:15PM</b>		
<b>SAT JAN 30<sup>TH</sup></b>	<b>NEWTON</b>	<b>3:30PM</b>	<b>4:00PM</b>
<b>SAT FEB 13<sup>TH</sup></b>	<b>AT WESTON</b> <b>BUS LEAVES POOL AT 12:30PM</b>	<b>1:30PM</b>	<b>2:00PM</b>
<b>SAT FEB 27<sup>TH</sup></b>	<b>MILFORD</b>	<b>3:30PM</b>	<b>4:00PM</b>
<b>SAT MAR 5<sup>TH</sup></b>	<b>"B" REGIONALS AT MILFORD HIGH SCHOOL</b>		
<b>SUN MAR 6<sup>TH</sup></b>	<b>"A" REGIONALS AT MILFORD HIGH SCHOOL</b>		
<b>SUN MAR 20<sup>TH</sup></b>	<b>CLIPPERS BANQUET DEDHAM HIGH SCHOOL 1PM</b>		

Swimmers who do not make the A times for any event will go to "B" Regional's.  
Swimmers must swim in at least five (5) meets to go to A or B Regional's.

# Clipper Coaching Staff

## 8 & Under

Julie Scolastico  
Kathy Megan  
Sean Farrell  
Matt Farrell  
Mackenzie Briggs  
Elizabeth Dillon

## 9&10

Sean Farrell  
Matt Farrell  
Asia Vo

## 11&12

Neil Keohane  
Mary Ellen O'Leary  
Mike Sulinski

## 13&14 – 15 & 18

Jimmy Stallings

## Team Management

Juju Mucciaccio  
Bob Stanley  
Debbie Anderson

\*\*\* Each & Every coach is a former Clipper Swimmer going back to the 70's!!!\*\*\*

## **A Regional Cut off times 2015-2016**

### **“A” REGIONAL CUT OFF TIMES 2016**

- |                                      |   |
|--------------------------------------|---|
| 1. Girls Grad Medley Relay 100 yds   | 31. 8&Under 25Yd Breast Girls...26.01     |
| 2. Boys Grad Medley Relay 100yds     | 32. 8&Under 25Yd Breast Boys...26.83      |
| 3. 8 & Under 25 yd Fly Girls...22.01 | 33. 9&10 25 Yd Breast Girls...21.51       |
| 4. 8 & Under 25yd Fly Boys...24.03   | 34. 9&10 25Yd Breast Boys...21.70         |
| 5. 9&10 25 Yd Fly Girls...17.21      | 35. 11&12 50Yd Breast Girls...41.33       |
| 6. 9& 10 35Yd Fly Boys...18.32       | 36. 11&12 50Yd Breast Boys...41.79        |
| 7. 11&12 50Yd Fly Girls...34.99      | 37. 13&14 50Yd Breast Girls,,,39.08       |
| 8. 11&12 50Yd Fly Boys...36.07       | 38. 13&14 50Yd Breast Boys...37.96        |
| 9. 13&14 50Yd Fly Girls...33.66      | 39. 15-18 50Yd Breast Girls               |
| 10. 13&14 50Yd Fly Boys...33.12      | 40. 15-18 50Yd Breast Boys                |
| 11. 15-18 50Yd Fly Girls             | 41. 8&Under 25Yd Backstroke Girls.. 22.87 |
| 12. 15-18 50Yd Fly Boys              | 42. 8&Under 25Yd Backstroke Boys...22.81  |
| 13. 8&Under 25Yd Free Girls...18.09  | 43. 9&10 25Yd Backstroke Girls...19.11    |
| 14. 8&Under 25Yd Free boys...17.98   | 44. 9&10 25Yd Backstroke Boys...19.79     |
| 15. 9&10 25Yd Free Girls,,,15.43     | 45. 11&12 50Yd BackstrokeGirls...38.21    |
| 16. 9&10 25Yd Free Boys...15.65      | 46. 11&12 50Yd Backstroke Boys...37.82    |
| 17. 11&12 50Yd Free Girls...30.82    | 47. 13&14 50Yd Backstroke Girls...34.66   |
| 18. 11&12 50Yd Free Boys...31.03     | 48. 13&14 50Yd Backstroke Boys...34.21    |
| 19. 13&14 50Yd Free Girls...29.14    | 49. 15-18 50Yd Backstroke Girls           |
| 20. 13&14 50Yd Free Boys...28.01     | 50. 15-18 50Yd Backstroke Boys            |
| 21. 15_18 100Yd Free Girls           | 51. 8&Under 100Yd Free Relay Girls        |
| 22. 15-18 100Yd Free Boys            | 52. 8&Under 100Yd Free Relay Boys         |
| 23. 9&10 100Yd IM Girls...1:32.25    | 53. 9&10 100Yd Free Relay Girls           |
| 24. 9&10 100Yd IM Boys...1:33.12     | 54. 9&10 100Yd Free Relay Boys            |
| 25. 11&12 100Yd IM Girls...1:19.71   | 55. 11&12 200Yd Free Relay Girls          |
| 26. 11&12 100Yd IM Boys...1:20.29    | 56. 11&12 200Yd Free Relay Boys           |
| 27. 13&14 100Yd IM Girls...1:15.07   | 57. 13&14 200Yd free Relay Girls          |
| 28. 13&14 100Yd IM Boys...1:14.10    | 58. 13&14 200Yd Free Relay Boys           |
| 29. 15-18 100Yd IM                   | 59. 15-18 200Yd Free Relay Girls          |
| 30. 15-18 100Yd IM                   | 60. 15-18 200 Yd Free Relay Boys          |



# WINTER SUBURBAN LEAGUE PARENTS CODE OF CONDUCT

The following code of conducts is a representation of the Winter Suburban League and will be upheld by each participating parent.

## **PARENTS SHOULD:**

Not force their child to participate in swimming.

Remember that children participate to have fun and that THE SPORT IS FOR YOUTHS, NOT ADULTS!

Inform the coach of any physical disability or ailment that may affect the safety of their child or the safety of others.

Learn the rules of the League.

Be positive role model for their children and other children.

Encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers.

Not engage in any kind of unsportsmanlike conduct with any official, coach, swimmer or parent such as booing, taunting, and profane language or gestures.

Teach their child to play by the rules and to resolve conflicts without resorting to violence.

Praise their child that doing one's best is more important than winning.

Demand that their child treat other swimmers, coaches, and officials with respect, regardless of race, creed, color, sex or ability.

Praise their child for competing fairly and trying hard.

Refrain from coaching their child or other player during a swim meet and practices, unless one of the official coaches of the team has asked you to help with coaching.

Show respect for public and private property at swim meet locations.

\*\*\*\*\*  
To ensure all swimmers / parents / guardians have read and understood the code of conduct, every parent / guardian will sign the commitment to the Winter Suburban League.

Print Parents Name: \_\_\_\_\_

Date: \_\_\_\_\_

Parents Signature: \_\_\_\_\_

## **WINTER SUBURBAN LEAGUE SWIMMERS CODE OF CONDUCT**

The following code of conducts is a representation of the Winter Suburban League and will be upheld by each participating swimmer.

### **SWIMMERS SHOULD:**

Know, understand, and honor the commitments that they and their parents have made to coaches, teams, and league.

Respect and cooperate with their coaches, officials, teammates, opponents, and parents

Be honest with all involved

Know all the rules of the sport of swimming

Respect equipment and playing sites at home or away.

The destruction or stealing of home or away sites is unethical

No showing off, trash talking, or taunting anyone

Always try to do their best

Expect to be treated fairly and with respect from all involved.

Expect coaches, parents, and swim officials to provide an environment where the swimmers can learn their sport, be safe, and have fun.

To ensure all swimmers have read and understood the code of conduct every swimmer will sign the commitment to the Winter Suburban League.

Print Swimmers Name: \_\_\_\_\_

Date: \_\_\_\_\_

Swimmers Signature: \_\_\_\_\_

## 1977-2015 CLIPPER RECORDS

EVENT	11 & 12 GIRLS	11 & 12 BOYS	13 & 14 GIRLS	13 & 14 BOYS	15-18 GIRLS	15-18 BOYS
50 YARD FREE	ARIELLE POPCOCK 27.03 (03)	JEFF MORAN 25.27 (14)	LISA MCNAMMARA 26.26 (91)	JEFF MORAN 25.82 (15)	KATHLEEN BLACK 25.74 (04)	RYAN BROOKS 22.61 (07)
100 YARD FREE					EMILIE DEPRES 56.65 (12)	RYAN BROOKS 49.36 (06)
50 YARD FLY	KENDALL DACEY 28.43 (00)	J. ELGERNON 29.91 (94)	KENDALL DACEY 26.81 (02)	TOM HURLEY 27.52 (05)	KENDALL DACEY 26.81 (02)	GREG WONG 24.85 (00_
50 YARD BREAST	EMMA NUZZO 33.38 (06)	RYAN BROOKS 32.27 (03)	ASIA VO 32.77 (13)	RYAN BROOKS 30.16 (05)	EMILY METTA 32.29 (08)	RYAN BROOKS 28.02 (07)
50 YARD BACK	KENDALL DACEY 31.39 (00)	JEFF MORAN 30.23 (14)	KENDALL DACEY 28.15 (02)	NICK MCCARTHY 28.18 (14)	MARCIA CARDINALE 28.70 (85)	JUSTIN BROOKS 25.59 (06)
100 YARD IM	EMMA NUZZO 1:04.60 (06)	RYAN BROOKS 1:03.90 (03)	ABIGAIL LAKE 1:03.56 (11)	RYAN BROOKS 58.79 (05)	EMILY DEPRES 1:03.47 (13)	JUSTIN BROOKS 57.98 (05)
200 YARD FREE RELAY	A SALEEMUDDIN CAITLIN HEALEY KAITLIN SPILLANE M VICIDOMINO 1:52.79 (95)	TYLER KNIGHTLY MIKE SALIBA HENRY KEEGAN JEFF MORAN 1:47.27 (14)	NATALIE METTA EMILY METTA NICOLE STRAC JASMIN BYRD 1:47.50 (07)	RYAN BROOKS D OCONNELL EOCONNELL TOM HURLEY 1:40.04 (05)	LAUREN COOK KATIE DERVAN ANDREA FARWELL ERIN BURKE 1:45.65 (00)	MIKE RICCI M MCCORMICK BRIAN KEELER MATT FARRELL 1:32.87 (10)

## 1977-2015 CLIPPER RECORDS

	BOYS GRAD RLY PAUL HESSION GEORGE MIX DON MEGLIOLA RON MAMMONE 57.41 (88)		GIRLS GRAD RLY TRINITY VO ASIA VO ROISIN GLYNN JENNA MURPHY 59.01 (14)		8&UNDER COED RLY BELLA SALIBA LAUREN MURPHY CHRIS MCGRAIL DYLAN KNIGHTLY 1:09.02 (11)
EVENT	GIRLS 8 & UNDER	BOYS 8 & UNDER	GIRLS 9 & 10	BOYS 9&10	
25 YD FREE	KAITLIN MITCHELL 15.00 (05)	RYAN BROOKS 13.74 (99)	MARIANA VEGA 13.29 (09)	RYAN BROOKS 12.54 (01)	
25 YD FLY	ABIGAIL LAKE 16.05 (06)	TYLER KNIGHTLY 16.44 (11)	SYDNEY LEE 14.47 (10)	TYLER KNIGHTLY 13.76 (13)	
25 YD BREAST	JILL ANELAUSKAS 20.82 (96)	RYAN BROOKS 18.33 (99)	MARIANA VEGA 17.27 (09)	RYAN BROOKS 16.93 (00)	
25 YD BACK	NICOLE ALBRECHT 17.50 (89)	M HARRINGTON 17.40 (94)	KENDALL DACEY 15.96 (98)	DON MEGLIOLA 16.36 (86)	
100 YARD IM			EMMA NUZZO 1:12.72 (05)	RYAN BROOKS 1:10.16 (96)	
100 YD FREE	SARAH BEAUDOIN KATELYN MITCHELL YUE CUI ELIZ MASALSKY 1:06.77 (05)	M HARRINTON DAN LAMBRECHT NATE EMMONS TIM LIND 1:07.22 (94)	ASHLEIGH MARINI ISABEL GALLUCCI MAIA ADLEY SYDNEY LEE 56.60 (10_	NATE EMMONS M HARRINGTON TIM LIND DAN LAMBRECHT 56.58 (86)	

